

# AMERI-KAN JUDO GAKKOO

## SHONEN HACHIKYU

### Junior Eighth Class - Orange Belt



#### INSTRUCTIONS:

Examiners will score the physical exam with zero through five points.

- 0) Student does not know the technique.
- 1) Student performs proper technique but does not show understanding of basic principles.
- 2) Student performs proper technique and shows understanding of basic principles but the overall result is still lacking in some area.
- 3) Student performs technique at an average level for this stage.
- 4) Student demonstrates that the technique can be used successfully in shiai against a similar caliber opponent.
- 5) Student demonstrates complete mastery of technique; relative to this stage.

### *KENKOSHINDAN*

#### Physical Exam

#### *HON WAZA*

#### Basic Techniques

_____	JUGO WO KAZOERIMASU	Count to 15
_____	ZA REI	Kneeling Bow
_____	RITSU REI	Standing Bow
_____	SEIZA	Sitting on Knees
_____	ANZA	Sitting Cross-Legged
_____	OBI WO SHIMERIMASU	Tie a belt
_____	AYUMI ASHI	Normal Walking
_____	MAE MAWARI TAI SABAKI	Front Circular Body Pivoting (R+L)
_____	USHIRO MAWARI TAI SABAKI	Backwards Circular Body Pivoting (R+L)
_____	SHIZEN HONTAI	Natural Posture (R+M+L)
_____	JIGO HONTAI	Defensive Posture (R+M+L)
_____	HAPPO-NO-KUZUSHI	Eight Directions of Off Balancing
_____	JUDOGI WO TATAMASU	Fold a Judo Uniform

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

#### *UKEMI WAZA*

#### Falling Techniques

_____	MAE UKEMI	Front Fall
_____	USHIRO UKEMI	Backwards Fall
R    L		
_____	YOKO UKEMI	Side Fall
_____	MAE MAWARI UKEMI	Front Rotation Fall

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*KUMITE WAZA*  
Gripping Techniques

R	L		
_____	_____	AI YOTSU	Harmonious Four Gripping - Standard Lapel and Sleeve (1882) Grip
_____	_____	KORYOU NIGIRI	Collar Grip
_____	_____	SODEGUCHI NIGIRI	Sleeve Cuff Grip
_____	_____	Inside Snatch-Away Grip Break from Lapel Grip	
_____	_____	Elbow Pull-Away Grip Break from Sleeve Grip	
_____	_____	Drive Through Grip Break from Collar Grip	
_____		Total for this Section	_____ Total for Exam

*NAGE WAZA*  
Throwing Techniques

R	L		
_____	_____	O SOTO GARI	Major Outside Reap
_____	_____	O GOSHI	Major Hip
_____	_____	IPPON SEOI NAGE	One Arm Back Carry Throw
_____	_____	O UCHI GARI	Major Inside Reap
_____	_____	TAI OTOSHI	Body Drop
_____	_____	TANI OTOSHI	Valley Drop
_____	_____	DEASHI HARAI	Advanced Foot Sweep
_____	_____	KO UCHI GARI	Minor Inside Reap
_____	_____	MOROTE GARI	Two Hand Reap
_____	_____	KOSHI GURUMA	Hip Wheel
_____		Total for this Section	_____ Total for Exam

*BOGYO WAZA*  
Defense Techniques

R	L		
_____	_____	USHIRO TAI SABAKI	Backwards Body Pivoting
_____	_____	MAE TAI SABAKI	Forwards Body Pivoting
_____	_____	TE NOSU GOSHI	Hand on Hip
_____		Total for this Section	_____ Total for Exam

*KAESHI WAZA*  
Counter Techniques

_____	_____	O SOTO GAESHI	Major Outside Counter
_____	_____	O GOSHI→ TANI OTOSHI	Major Hip Countered with Valley Drop
_____		Total for this Section	_____ Total for Exam

八級

*RENRAKU WAZA*  
**Reaction Combination Techniques**

\_\_\_\_\_ IPPON SEOI NAGE → O SOTO GARI  
\_\_\_\_\_ O UCHI GARI → TAI OTOSHI  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*RENZOKU WAZA*  
**Continuation Combination Techniques**

\_\_\_\_\_ O SOTO GARI → O UCHI GARI  
\_\_\_\_\_ O UCHI GARI → O SOTO GARI  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*TAOSHI WAZA*  
**Throw Down Techniques**

\_\_\_\_\_ O SOTO GARI → KESA GATAME  
\_\_\_\_\_ TANI OTOSHI → KESA GATAME  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*HAIRI WAZA*  
**Entry Techniques**

\_\_\_\_\_ Mat Crawls (10)  
From HANDS & KNEES TOP:  
\_\_\_\_\_ Butcher "Two-handed Elbow Pull"  
\_\_\_\_\_ Half-Nelson (Side)  
From HANDS & KNEES BOTTOM:  
\_\_\_\_\_ Elbow Roll  
\_\_\_\_\_ Cross Ankle Pull Under  
From LEGS AROUND TOP:  
\_\_\_\_\_ Sleeve Pull Around Entry  
\_\_\_\_\_ Swinging Knee Entry  
From LEGS AROUND BOTTOM:  
\_\_\_\_\_ DO JIME  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*OSEAKOMI WAZA*  
**Hold Down Techniques**

\_\_\_\_\_ KESA GATAME      Scarf Lock  
\_\_\_\_\_ KUZURE KESA GATAME      Modified Scarf Lock  
\_\_\_\_\_ KAMI SHIHO GATAME      Upper Four Corners Lock  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*SHIME WAZA*  
Choking Techniques

_____	Explain Butter Knife Principle	
_____	NAMI JUJI JIME	Normal Cross Choke
_____	HADAKA JIME	Naked Strangle
_____	GYAKYU JUJI JIME	Reverse Cross Choke

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*FUSEGI WAZA*  
Escaping Techniques

From KESA GATAME:  
\_\_\_\_\_ Bridge and Roll  
\_\_\_\_\_ Uphill / Turn-In

From NAMI JUJI JIME:  
\_\_\_\_\_ Push Elbows In

From HADAKA JIME:  
\_\_\_\_\_ Seoi Rope Climb

From KAMI SHIHO GATAME:  
\_\_\_\_\_ Single Roll

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

Total number of points: \_\_\_\_\_

Total number of points required for passing score 246.

If the student receives a score above 349 AND the examiner feels they are competent enough for the next level he/she may be recommended for Shonen Shichikyu.

This student:       Passed  
                          Failed  
                          Recommended for Shonen Shichikyu

Examiner: \_\_\_\_\_ Rank: \_\_\_\_\_

修行